

This BFF Passport
belongs to:



BFF Activity Passport



Girls get moving with their BFF!

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belongs to:



BFF Activity Passport



Girls get moving with their BFF!

Name: _____

Troop #: _____

*Fill up your passport
and get a prize!*

Earn points for each BFF activity you complete:

Community Event	30 points
PA Mobile Unit	20 points
On Your Own Activity	10 points
BFF Session	10 points
BFF Bonus!	5 points

Ask your troop leader to stamp your passport after completing each activity.

Turn in your passport to your troop leader at the end of the *BFF* program to collect your prize!



Girls get moving with their BFF!

How fit did you get with *BFF*?

Determine your "*BFF* Fitness" with these 3 levels of prizes:

Bronze: 200—299 points

Silver: 300—399 points

Gold: 400—500 points

Congratulations!



*Find a friend and
commit to be fit!*

Name: _____

Troop #: _____

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*Find a friend and
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BFF Scoresheet

Add up your points to figure out your total score:

BFF Activity	Total Possible Points	Points Earned
BFF Kickoff Event	30	
Community Events	180	
PA Mobile Units	100	
On Your Own Activities	50	
BFF Sessions	90	
Bonus Points	50	

I, _____, got
moving with *BFF* and earned
_____ total points!
I'm ready for my prize!

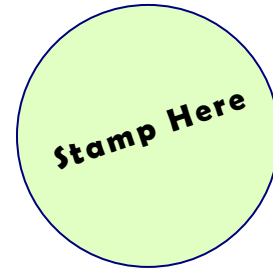
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I, _____, got
moving with *BFF* and earned
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I'm ready for my prize!

Attend the *BFF* Kick-off !



What I did: _____

Event location: The Neighborhood Place

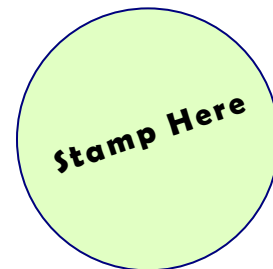
Leader Signature: _____

Date: January 29, 2011



Girls get moving with their BFF!

Attend the *BFF* Kick-off !



What I did: _____

Event location: The Neighborhood Place

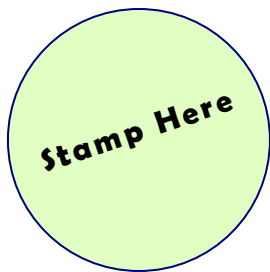
Leader Signature: _____

Date: January 29, 2011



Girls get moving with their BFF!

Attend a *BFF* event
in the community.



What I did: _____

Event location: _____

Leader Signature: _____

Date: _____



Girls get moving with their BFF!

BFF Bonus!

2 ways to earn *BFF* bonus points (50 points max):

1. Post a picture on the *BFF* Facebook site of you and your friends at a *BFF* event or using a PA mobile unit at a troop meeting and earn 5 *BFF* bonus points.

Note: Only the girl who posts gets the points.
Earn *BFF* bonus points for one post per event.

2. Respond by text to a *BFF* question and earn 5 *BFF* bonus points.

Check a box for each post or text
(up to 5 each)

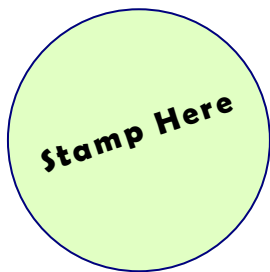
Pic on Facebook					
Text					

- ♦ Posts and texts will be verified by *BFF* staff.
- ♦ You may earn a maximum of 50 *BFF* bonus points for posts and texts.



Girls get moving with their BFF!

Attend a *BFF* event
in the community.



What I did: _____

Event location: _____

Leader Signature: _____

Date: _____



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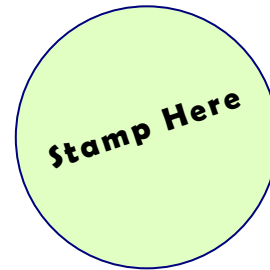
BFF Sessions

- ♦ BFF sessions occur during troop meetings.
- ♦ Each BFF session takes 15-20 minutes.
- ♦ Earn 10 points for each session you complete.

Session	Date Completed	Leader Signature
1 The "PA Need to Know"		
2 Know B4 U Go		
3 What's My #?		
4 Get SMART		
5 What Makes YOU Move?		
6 Choose to Move		
7 Handling the Hurdles		
8 Who's In Charge?		
9 Get the Word Out		
Total points earned for BFF sessions completed (10 pts per session)		



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Attend a BFF event in the community.

What I did: _____

Event location: _____

Leader Signature: _____

Date: _____



Girls get moving with their BFF!

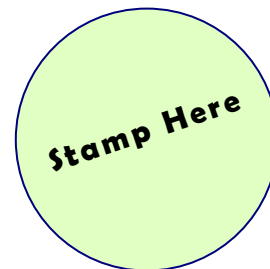
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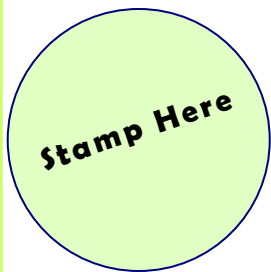
Date: _____



Girls get moving with their BFF!

Time for Recess!

Hula, jump and throw with the *Time for Recess!* PA mobile unit at a Girl Scout troop meeting.



1. Play with *Time for Recess!* equipment (jumprope, Frisbee, balls, hula hoop, Four Square) for 30 minutes.

OR

2. Learn one new technique using the Frisbee, hula hoop, or jump rope. Practice for 30 minutes.

What did you do? _____

Leader Signature: _____ Date: _____



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Can You Kinect?

Try "active gaming" with the XBox 360 Kinect at a Girl Scout troop meeting.



1. Play a Kinect game for 30 minutes.

OR

2. Playing a different active video game for 30 minutes.

What game(s) did you play? _____

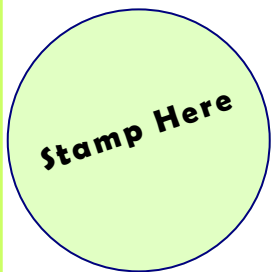
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Take a Hike

A city trail or school track can be a great place for a brisk walk!

Stamp Here

1. Explore a park or trail by walking briskly with a friend or family member for 30 minutes.

OR

2. Grab a friend or family member and walk around a local school track for 30 minutes.

What did you do? _____

Where did you hike? _____

Adult Signature: _____ Date: _____



Girls get moving with their BFF!

FlexiFun!

Stretch and flex with the *FlexiFun* PA mobile unit at a Girl Scout troop meeting.

Stamp Here

1. Tone your muscles using medicine balls, bands, or hand weights. Practice proper technique for 30 minutes.

OR

2. Learn 3-5 new yoga poses. Practice for 30 minutes.

What did you do? _____

Leader Signature: _____ Date: _____



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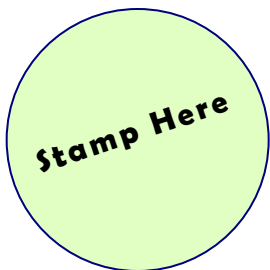
Leader Signature: _____ Date: _____



Girls get moving with their BFF!

Pump Up the Volume!

Pick your favorite songs and just dance!



1. Crank up the tunes and dance for 30 minutes.

OR

2. Play a dance or exercise video to learn some new moves. Practice for 30 minutes.

What did you do? _____

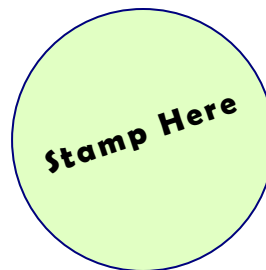
Where did you dance? _____

Adult Signature: _____ Date: _____



Girls get moving with their BFF!

Attend a *BFF* event in the community.



What I did: _____

Event location: _____

Leader Signature: _____

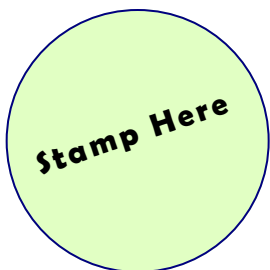
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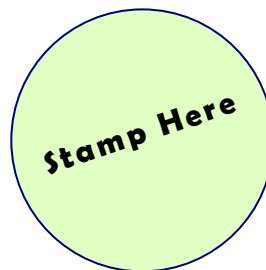
Where did you dance? _____

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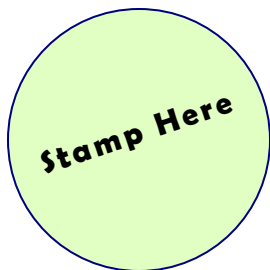
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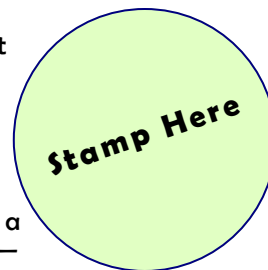
Fun with Flying Objects

Take to the air and have a ball!

1. Find *any* ball and shoot hoops and dribble for 30 minutes.



2. Grab a Frisbee and a friend or family member — practice playing Frisbee for 30 minutes.



What did you do? _____

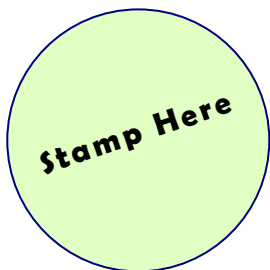
Where did you play? _____

Adult Signature: _____ Date: _____



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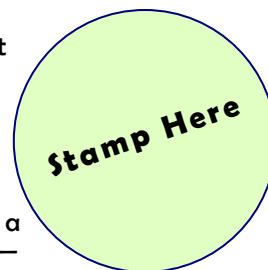
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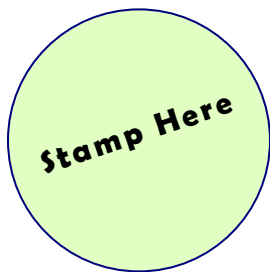
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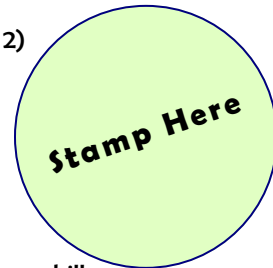
You, Too, Can YouTube

Get motivated using YouTube videos!

1. Find a fitness video (or 2) on YouTube and practice the movements for 30 minutes.



2. Find a video on YouTube that teaches a new skill (hula hoop techniques, Frisbee tosses, or new dance moves) and practice for 30 minutes.



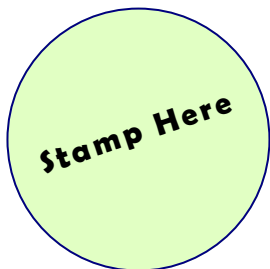
What did you do? _____

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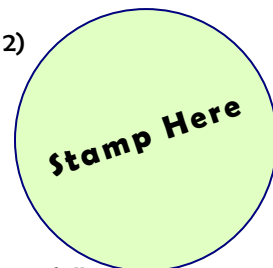
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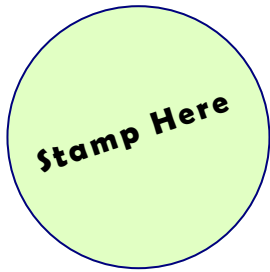
Adult Signature: _____ Date: _____



Girls get moving with their BFF!

Get Fit at Home!

You don't have to go far to find ways to get fit!



1. Get a friend or family member and get moving around your neighborhood. Walk or bike for 30 minutes.

OR

2. Teach a friend or younger child a dance or cheer — practice for 30 minutes.

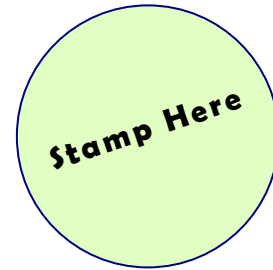
What did you do? _____

Adult Signature: _____ Date: _____



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What I did: _____

Event location: _____

Leader Signature: _____

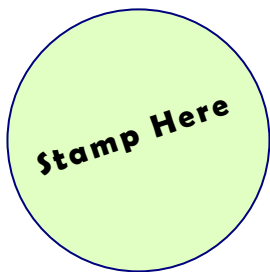
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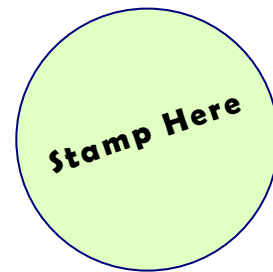
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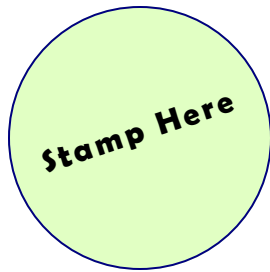
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Wii Fun & Fitness!

Try "active gaming" with the Nintendo Wii PA mobile unit at a Girl Scout troop meeting.



1. Play a Wii active game for 30 minutes.

OR

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What game(s) did you play? _____

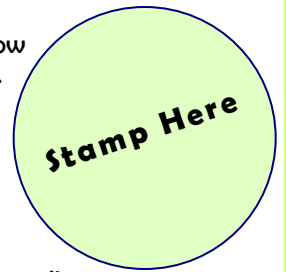
Leader Signature: _____ Date: _____



Girls get moving with their BFF!

Video Fitness

Discover new moves with the fitness videos in this PA mobile unit at a Girl Scout troop meeting.



1. Break a sweat as you follow the moves in a fitness video. Play hard for 30 minutes.

OR

2. Learn some new dance moves from the dvd and dance it out for 30 minutes.

What did you do? _____

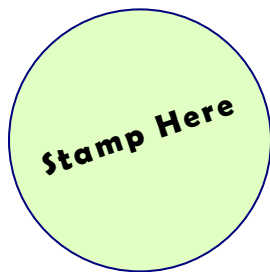
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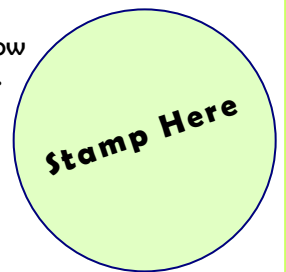
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